



# REVIEWS

## BOOKS

Reviewed by Ruth Parnell

### THE QUICKENING

by Art Bell

Publisher: Paper Chase Press, USA, 1997

ISBN: 1-879706-70-9 (334pp h/c)

Price: AUD\$45.00; STG£22.00;

NFL\$54.90; USD\$24.95 + \$5.00 p&h;

CAN\$29.95+ \$5.00 p&h

Available: **Aust**—Cameron Books, ph (02)

4758 7676, fax (02) 4758 9047; **UK/Eur**—

NEXUS offices; **USA**—Paper Chase Press,

8175 S. Virginia St, Reno, NV, 89511, ph

(702) 826 5947, 1800 864 7991.

Art Bell, America's most popular overnight radio talk-show host, has written *The Quickenning* to present his vision of how the world will survive into the 21st century. What he refers to as "the Quickenning" began with the industrial revolution, but is rapidly reaching overdrive as we and our planet continue to be subject to ever-increasing levels of technological change in these latter days.

Bell reminds us that we are faced with increasingly globalised economies, dislocated families, degraded environments, emerging disease epidemics, erratic weather patterns and natural disasters, and that the very technologies which have raised our standards of living may sound our death knell. Religious institutions are not exempt from destabilisation, either, and even the faithful are becoming disenchanted with their antics. But we have to wonder why a one-world religion is being touted as a serious solution to the 'problem'—tied in with the one-world government that Bell believes is inevitable.

Bell covers much ground, but his arguments don't go as far as they could. He dismisses 'conspiracy theories' of world history, whether in politics, economics, society, religion or even UFOs, despite any validity they may have. Readers who have already studied these subjects in depth will probably come to different conclusions and solutions about the world's predicament than Bell has.

### THE MIRACLE MAN

by Robert Pellegrino-Estrich

Publisher: Triad, Cairns, Australia, 1997

ISBN: 0-646-33767-X (142pp s/c)

Price: AUD\$20.00; NZD\$27.95;

STG£10.00; NFL\$15.95; USD\$12.95

Available: **Aust/NZ/UK/Europe**—NEXUS

offices; **USA**—Adventures Unlimited, ph

(815) 253 6390, fax (815) 253 6300.

One of the greatest healing mediums who's ever lived would have to be João Teixeira da Faria, better known as "João de Deus" (John of God). He was born in Brazil in 1942 and became aware of his special gifts at the age of 16, but it wasn't until 1978 that João set up his hospital-style healing centre at Abadiânia on the Goiás plateau of Brazil. His phenomenal success in treating patients abandoned by modern medicine is legendary, but is little known in the English-speaking world—until now.

*The Miracle Man* is the first book about João Teixeira da Faria to be written in English. The author, a Sydney-based businessman who travelled to Abadiânia following a dream he had in 1995, decided to write this book because of his amazement at the miraculous healings he witnessed.

João de Deus is known to effect as many as 3,000 healings a day, and yet he is unaware of what he says or does during the

processes. As a healing medium he can "incorporate" up to 30 spirit entities, most of whom have been dedicated, spiritually advanced doctors, surgeons and healers in previous lives. Working through João, the entities rapidly and efficiently carry out both visible and invisible surgery and other healing modes. To allow so many to be healed at once, additional healing "current" is provided by at least 80 volunteer mediums at a time. But before any healing is done, the patient must have the right attitude of mind, and resolve to make appropriate lifestyle and dietary changes following the session.

Numerous studies by medical professionals and thousands of hours of videotape verify the efficacy of this form of spiritual healing. João de Deus is a truly gifted man with a message of hope and love for humanity. (Read more of his story in this issue.)



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### THE HIRAM KEY

by Christopher Knight & Robert Lomas

Publisher: Arrow Books, UK, 1997 (first publ. by Century/Random House, 1996)  
ISBN: 0-09-917562-2 (512pp p/b)  
Price: AUD\$16.95; NZD\$18.95;  
STG£8.00 inc. p&h; NFLf25,90;  
CAN\$7.99

Distributors: **Aust/NZ/Canada**—Random House; **UK/Eur**—NEXUS offices.

Two English Freemasons, Christopher Knight and Robert Lomas, dissatisfied with lack of detail on the origins of "the Craft" and its rituals, set out on a research project that uncovered more secrets than they expected. Their journey of discovery is the subject of their book, *The Hiram Key*.

Knight and Lomas were intrigued that a key figure in Freemasonry, as in the Third Degree Master Mason ritual, is Hiram Abif, reputedly the chief architect of the Temple of Solomon who was murdered after refusing to divulge the Craft's secrets. But they could find no evidence of his existence—until they found parallels in the murder of King Seqenenre, which ended the Egyptian Middle Kingdom and the 'divine right' king-making rituals that originated in Sumeria. In the process, they stumbled upon the meaning of the Egyptian words whispered during the Third Degree ritual.

Not content to stop there, they found evidence for the divine king-making tradition being directly transplanted to Jerusalem, with the Egyptian event reworked to include the Temple of Solomon and Hiram Abif; and that this same ritual was recorded by the Essenes of Qumran and practised by Jesus.

They claim that at the fall of Jerusalem in AD 70, the Essenes buried their secret manuscripts under Herod's Temple—but that the Knights Templar found and removed them in the 12th century. The Templar legacy was transferred to secret protectors later associated with the Scottish Freemasons. The authors suggest that those very secrets are buried under the 15th century Rosslyn Chapel, a Templar church near Edinburgh, Scotland, whose foundations were based on Herod's Temple. Knight and Lomas fill in many gaps in occult history, but we suspect there is much more yet to be revealed.

### MIND CONTROL/WORLD CONTROL by Jim Keith

Publisher: Adventures Unlimited Press, Illinois, USA, 1998

ISBN: 0-932813-45-3 (311pp s/c)  
Price: AUD\$28.00; NZD\$29.00;  
STG£15.50; NFLf35,90; USD\$15.95+p&h  
Distributors: **Aust/NZ/UK/Eur**—NEXUS offices; **USA**—Adventures Unlimited, ph (815) 253 6390, fax (815) 253 6300.

This latest book by veteran conspiracy researcher Jim Keith is an overview of mind control as a tool of the New World Order. There's nothing new in the idea of world domination through mind control, but the technical leaps of the last 60 years have increasingly refined the available measures of control—over individuals and the masses.

Keith sets the tone with reference to the historical roots of the war for the mind, covering the role of the Illuminati, the Skull and Bones society, the Freemasons, the British Round Table, the RIIA and Tavistock Institute. He explains the development of early forms of mind control in education, psychiatry and social engineering which are

still basic tools of the control trade today.

The entry of the CIA on the scene heralded a brave new era of brainwashing, hypnotism, psychoactive drugs and advanced electronics within secret experimental programs like *MK-Ultra*. Their experiments to create programmed assassins seem to have worked, and now include what Keith calls "berserkers"—people who go on killing sprees for no apparent reason. Keith covers this subject all too briefly; nor does he give much space to the experiences of a growing number of disenfranchised people claiming to be victims of microwave harassment.

The application of these brave new technologies is global, as Keith illustrates with reference to the Russian "Woodpecker" system, the HAARP and GWEN projects, and EM and/or scalar wave 'warfare' witnessed in the Australian outback in recent years.





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Disinformation is a tool of mind control, and Keith warns that it is rife in the field of ufology. Indeed, the technology exists to induce alien abduction experiences. Yes, everything's weird and getting weirder, but, as Keith suggests, if we could only free ourselves from our limiting beliefs and delusions, we might well thwart the plans of the control freaks who would rule the world.

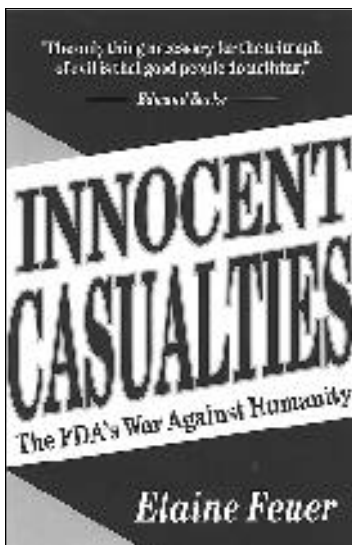
### **INNOCENT CASUALTIES: The FDA's War Against Humanity** by Elaine Feuer

Publisher: Dorrance, USA, 1996  
ISBN: 0-8059-3819-2 (189pp h/c)  
Price: AUD\$30.00; STG£15.00;  
USD\$15.00 + \$3.50 p&h

Available: **Aust**—Cameron Books, ph (02) 4758 7676; **UK**—NEXUS office; **USA**—Dorrance Publishing, 643 Smithfield St, Pittsburgh, PA 15222, ph (412) 288 4543, 1800 788 7654, fax (412) 288 1786.

The deceitful dealings of the US Food and Drug Administration (FDA) have received some exposure over the years, but this book, *Innocent Casualties*, presents a personal angle by focusing on one small health supplement manufacturer, True Health, and its management's struggles against the giant, profit-motivated agency.

Author Elaine Feuer, a medical researcher in print, film and TV media as well as a criminologist, leaves us in no doubt that the FDA is an "undercover dictatorship". Far from having our health at heart, it is intent on denying successful therapeutic products and services to the public, and on protecting the profits and interests of the pharmaceutical and medical establishment.



Feuer's exposé could have concentrated on any one of scores of alternative health products/services suppliers/practitioners who have been stymied legally, have had their stocks stolen or their clinics raided by FDA SWAT teams, or have been imprisoned for no reason other than what they offered was a threat to the status quo. But the experience of True Health, in using evening primrose oil in their trials with AIDS patients, is a microcosm of what is going on in the FDA's "underground war"—a war that extends far beyond US boundaries.

It is because of exposés like *Innocent Casualties* (which has now been out for a year) that public opinion is turning against the FDA and its Gestapo-like tactics.

### **ABOVE BLACK**

#### by Dan Sherman

Publisher: One Team Publishing, 1997  
ISBN: 0-9660978-0-7 (147pp s/c)  
Price: STG£16.00; USD\$18.00 + \$4.00 p&h; CAN\$24.00 + p&h

Available: **UK**—NEXUS Office; **USA**—One Team Publishing, PO Box 2111, Tualatin, OR, 97062, ph 1-888 240 1825 (toll-free in USA).

Retired USAF Sergeant Dan Sherman admits that his "inside" account of alien contact and government cover-up, *Above Black*, is limited in scope because his "need to know" had a low priority in the military.

In 1982, just out of high school, Sherman joined the US Air Force as a security policeman, but in the early '90s was 'selected' for retraining at the National Security Agency (NSA) as an electronic intelligence (ELINT) analyst for the USAF.

There he was briefed on US Government contact with aliens (the Greys), established in 1947; and on the 1960-68 *Project Preserve Destiny*, set up to "genetically manage" selected humans for communicating intuitively with the aliens. Sherman was told that the Greys abducted his mother in 1960, and also in 1963 when they carried out a genetic procedure while he was still in the womb. Unbeknownst to him, he was born with enhanced telepathic abilities, and he was a marked man from the outset.

The NSA caught up with Sherman, for his ELINT course was a cover for his training as an intuitive communicator (IC), where he learnt to interface telekinetically with sine waves and lines on a computer screen—the basis of the Greys' intuitive language.

Assigned to an NSA station at an air force base (he's scant with details, which makes his story difficult to verify), Sherman would send his Grey IC coded messages by computer to NSA HQ. He soon realised that many transmissions comprised details of

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human abductions by the Greys. He found this disturbing, but over the months still managed to conduct 'unauthorised' communications, learning brief details about the Greys' interactions with humanity, their belief systems, their energy sources, as well as other intelligent life in the universe.

Increasingly disenchanted with the military, Sherman quit in 1995, determined to make public his small piece of the puzzle.

### THE RED LION

by **Mária Szepes**

Publisher: Horus Publishing, USA, 1997  
(first published in Hungary, 1946)

ISBN: 0-9652621-7-0 (h/c),

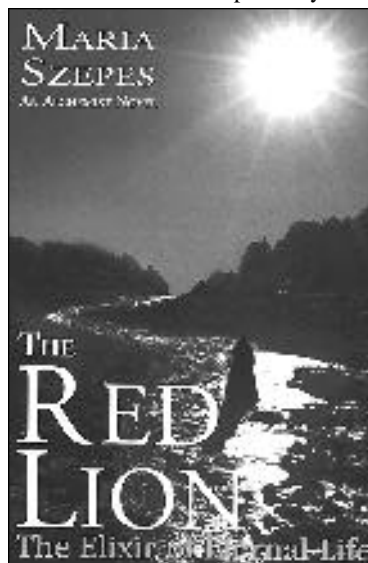
0-9652621-8-9 (377pp s/c)

Price: AUD\$30.00 (inc. p&h) ; NZD\$n/a;  
STG£17.00; USD\$18.95 (USD\$25.95 h/c)

Available: **Aust/NZ/UK/Eur**— NEXUS  
offices; **USA**—Horus Publishing, Yelm,  
WA, ph (360) 894 0965; Adventures  
Unlimited, ph (815) 253 6390.

**A**midst the hellfire of World War II, Hungarian author Mária Szepes (Orsi) wrote her timeless novel about one man's search for immortality. On release in 1946 *The Red Lion* was banned, but editions published decades later in German and English attest to its message having more longevity than the powers that suppressed it. Due to popular demand, it is now back in print.

The story spans four centuries, beginning in 1553, in what is now Germany, with the character Hans Burgner who, in his blind determination to acquire the secret of eternal life, murdered his alchemist master Rochard to obtain the mysterious elixir, "the Red Lion". But Hans was too spiritually unde-



veloped to handle the elixir's effects, and as a result his consciousness was plunged into the darkness of the astral realms. Taking on the role of alchemist and performing 'tricks' for rich patrons, he was unable to save himself from horrific death—nor from his fate of remembering all his subsequent lives. He had no choice but to learn from his mistakes, though he continued his alchemical quest throughout these incarnations.

Four lifetimes later he was reborn in 1760 as Cornelius von Grotte. A pupil of the great alchemist Count St Germain, he went on to become a master Rosicrucian and win his internal battles over negative forces. Things turned full circle when he took on a pupil who did exactly as Hans had done and murdered him for the elixir. In the process, Cornelius reached his goal of oneness with the universal order and understanding of humanity's spiritual progress.

More than an engaging historical tale, *The Red Lion* unveils essential occult knowledge about pitfalls on the path to fulfilment.

### EVERY BREATH YOU TAKE

by **Dr Paul J. Ameisen**

Publisher: Lansdowne Australia, 1997

ISBN: 1-86302-567-7 (200pp s/c)

Price: AUD\$20.00; NZD\$n/a;

STG£10.00; NFLfn/a; USD\$n/a

Available: **Aust/NZ/UK/Eur**— NEXUS  
offices; **USA**—Adventures Unlimited, ph  
(815) 253 6390, fax (815) 253 6300.

**A**sthma incidence is on the rise especially in the industrialised world, but it is highest in New Zealand and in Australia, where it affects one child in four and one adult in ten. As to the cause, many theories have been proposed including air pollution, anti-asthma drugs, faulty diet and stress; but one explanation, proposed by Russian respiratory physician Konstantin Buteyko in the late 1950s, has asthma as one of many complications resulting from overbreathing—an action that depletes the essential 6.5% carbon dioxide content in our lungs, thus impacting on our bodies in many ways.

Buteyko developed special breathing techniques for sufferers of asthma and other conditions. Though hounded for years by the Russian medical establishment, he eventually documented 100,000 asthma cures.

*Every Breath You Take*, one of the few books on the "Buteyko Method", as it is known, is written by Dr Paul Ameisen, an experienced medical practitioner and natural therapist who started using the technique about seven years ago after it was introduced into Australia. He cites Australian statistics of over 8,000 "cures" as at 1997, with at least a 90% success rate, plus recent favourable clinical trials in Australia.



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In his book Dr Ameisen describes the theory and methodology of the Buteyko Method, but he urges asthma sufferers to seek professional help in learning the breathing techniques correctly. He presents a number of case studies in the hope that more sufferers will seek help—especially when, in most cases, they can look forward to phasing out their prescribed drug treatments.

Dr Ameisen includes some sensible advice on health, plus Buteyko Method contacts for Australia, NZ, UK and USA.

### GEMISPHERE LUMINARY

compiled & edited by Michael Katz

Publisher: Gemisphere, USA, 1997

ISBN: 0-924700-08-4 (351pp h/c)

Price: AUD\$45.00; STG£22.00;

NFL\$55.90; USD\$25.00 + \$4.50 p&h; foreign orders add USD\$8.95 p&h

Available: **Aust**—Cameron Books, ph (02) 4758 7676; **Europe**—NEXUS Office;

**USA/UK**—Gemisphere, PO Box 10026, Portland, OR 97296, USA, ph (503) 241 3642, fax (503) 241 9673.

Gemstones are prized for their beauty as well as for their healing and information-storage properties, but even then their powers are misunderstood and misused.

Ten years ago, Michael Katz and his anonymous female partner set out on a spiritual quest to explore the truth about gemstones and crystals. They learnt to project their consciousness into the inner dimensions, making contact with the Gemstone Guardians, the entities charged with fulfilling the purpose and maintaining the effects of gemstones everywhere.

These entities had already decided the time was right for humanity to be given the correct information about gemstones, and so recruited Katz and partner to record a series of discourses and interviews with them. Their first attempt, *Gifts of the Gemstone Guardians*, has now been further developed and refined in *Gemisphere Luminary*, which contains the wisdom of 30 Gemstone, Earthstone and Oceanstone Guardians. The Guardian of Quartz, for instance, reveals that the ideal gemstone form from which humanity can gain most benefit is the sphere, while the Guardian of Malachite advises that all the information about the Earth has been programmed into malachite—and can be accessed.

Interspersed with all this illuminating information on gemstone properties and purposes are pearls of wisdom on the evolution of consciousness, creation of the colour rays, planetary and human healing, love, karma

and change. The messages will be welcomed by those on a personal transformation path, but also by healers keen to fine-tune their energy medicine practices.

### WATER, ELECTRICITY AND HEALTH

by Alan Hall

Publisher: Hawthorn Press, UK, 1997

ISBN: 1-869-890-94-9 (186pp s/c)

Price: AUD\$35.95; NZD\$/a;

STG£12.95; USD\$21.95 + \$4.00 p&h

Distributors: **Aust**—Astam Books, ph (02)

9566 4400; **NZ**—Steinerbooks, ph (09)

525 5509 (avail. April); **UK**—Hawthorn

Press, Lansdown, Stroud, Gloucestershire,

ph 0131 229 6800; **USA**—Anthroposophic

Press, ph (518) 851 2054.

The problem of electrostress is given a new treatment by physicist Alan Hall in his book, *Water, Electricity and Health*.

Hall points out that while water is fundamental to life, it is sensitive to vibrational energies and thus can be a bearer of life or a carrier of death. He argues that much electrostress is a result of underground water picking up and transporting harmful vibrations from electrical transformers and motors and, in turn, impacting on our surroundings. Add to this the fact that current-carrying wires have some water content and that our homes and offices are surrounded by wiring and wired devices emitting electromagnetic fields, and we have real trouble. Indeed, the resultant disruptions to cellular vibrational patterns are more damaging to health than the electric and magnetic fields which cause them.

Rather than focusing on solutions that could minimise electromagnetic field emissions, Hall concentrates on techniques that strengthen the life-energy resonance patterns. One technique utilises water energy



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vortexes and small "pathcurve" egg-shaped forms made of silica to transfer balanced, positive energy imprints into the ground and around the home. He has developed the Vortex Unit which, when plugged into the mains wiring, sets up a biodynamic field which blocks the harmful effect that any magnetic field has on water.

Alan Hall's findings have great promise, for if we can't eliminate harmful electromagnetic fields we can at least learn to strengthen our health in their presence.

### EARTH UNDER FIRE

by Paul A. LaViolette

Publisher: Starlane, USA, 1997

ISBN: 0-9642025-2-2 (411pp s/c)

Price: AUD\$40.00; STG£19.50;

NFLf44,90; USD\$20.00 + p&h

Available: **Aust**—Cameron Books, ph (02)

4758 7676; **UK/Eur**—NEXUS offices;

**USA**—Starlane Publications, ph/fax (518)

395 9235; Adventures Unlimited, ph (815)

253 6390, fax (815) 253 6300.

The Earth has undergone many cataclysms in its history, but human civilisation has been around long enough to witness only a few of these. Records of major and minor cosmic events have survived through the ages in myth, art, architecture, in ancient zodiac systems and in writing.

But what if some of these records point to a common cause of a cyclical nature? This is just what physicist Dr Paul LaViolette suggests in *Earth Under Fire*, the sequel to his 1995 tome, *Beyond the Big Bang*.

Dr LaViolette concludes that these catastrophes of greater and lesser degrees are the

result of eruptions from the centre of our Milky Way galaxy. He points to radio telescope observations showing that the galactic core (Sagittarius A) has erupted 14 times in the past 6,000 years, with about 80% of these outbursts occurring within 500 years of each other. Citing the ice core beryllium-10 record as evidence, he argues that Earth has not experienced a large core "super-wave" outburst for 11,000 years and, as it's been around 700 years since a minor event, we're overdue for more activity from galactic centre—but astronomers can't say when.

Integral to Dr LaViolette's Earth-shattering thesis are his discoveries about warnings encoded in ancient zodiacs, in Plato's story of Atlantis, in the Sphinx and the Temple of Dendera in Egypt. But these records don't say exactly when such cataclysms will occur in our future—only that they come around with regularity.

### SPIRIT VISIONS

by Dennison & Teddi Tsosie

Publisher: Blue Dolphin, USA, 1997

ISBN: 1-57733-002-1 (384pp s/c)

Price: AUD\$40.00; NZD\$41.95; £16.99;

NFLf43,90; USD\$19.95 + \$5.00 p&h

Available: **Aust**—Cameron Books, ph (02)

4758 7676; **NZ**—Peaceful Living, ph (07)

571 8105; **UK**—Wind Rush, ph 01608

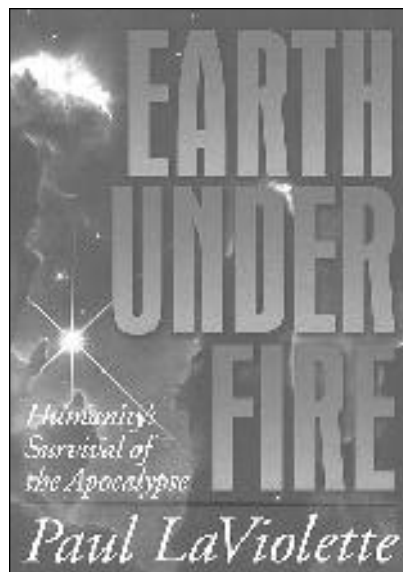
652012; **Eur**—NEXUS Office; **USA**—Blue

Dolphin Publishing, PO Box 8, Nevada City, CA 95959, USA, ph (916) 265 6925, 1800 643 0765, fax (916) 265 0787.

Something unusual happened to Navajo Artist Dennison Tsosie, one night in April 1988, when his wife Teddi placed a special crystal under their pillow: he entered a strange world where spirit visions and prophecies were relayed to him in dreams.

At first he thought he was going crazy, for the visions only increased in frequency and intensity, but in time he learnt to deal with them as well as with his expanded healing abilities. Teddi tasked herself with recording Dennison's commentary while he sketched his dream impressions. The result, *Spirit Visions*, is a book of great import for our times and for people of all nations.

Dennison Tsosie was barely literate and had little knowledge of geography, world history or current events, yet the visions transmitted to him gave information about past cultures, present-day political/economic turmoil, and major Earth changes to come. He received visions about the Holy Grail and Knights Templar, the Star People, entities within the Earth, as well as the existence of a secret government involved in alien abduction scenarios and development of advanced technology such as time travel, flying discs and devastating weaponry.





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Many of the Earth changes prophecies have already come to pass, but much more destruction is expected—unless we wake up to our spirituality and learn to live in love.

The revelations in *Spirit Visions* cover the period 1988 to 1995, and are interspersed with notes on the Tsosies' personal journeys to share these universal insights with spiritually-minded people throughout the world.

## MOLECULES OF EMOTION

by Candace B. Pert, PhD

Publisher: Scribner, USA, 1997

ISBN: 0-684-83187-2 (368pp h/c)

Price: AUD\$34.95; NZD\$39.95;

STG£17.99; NFL¥55,90; USD\$25.00;

CAN\$34.00

Distributors: Aust/UK/USA/Canada—

Simon & Schuster; NZ—Macmillan, ph

(09) 415 6677; Europe—NEXUS Office.

Dr Candace Pert is the neuroscientist who discovered the opiate receptor in 1972 and once reportedly declared, "God is a neuropeptide!". Her discoveries about the connections between body and mind, between the neural, immune and endocrine systems, have opened up new multidisciplinary research fields and helped redefine the prevailing mainstream scientific paradigm.

In effect, Dr Pert has established the biomolecular basis for our emotions, and in spreading her message she has gone where most scientists fear to tread: into areas that touch upon soul and spirituality. Her book, *Molecules of Emotion*, is a very personal, blow-by-blow account of her discoveries and her evolution as a scientist, a woman and a mother—these latter two aspects bringing a particularly feminine perspective to the way she does science that heralds the

way science will be done in the future.

Dr Pert's journey takes in not just the science but the romance of receptors, and she never loses sight of the ultimate goal of her scientific-medical research: the health and well-being of the whole person. Thus she has come up with an eight-part program for promoting "lifestyles of the healthy, whole and conscious", based on sound, scientific information on diet, on clean, drug-free living, and on "accessing the psychosomatic network". And in a big departure from the scientific norm, Dr Pert provides an extensive appendix on (US) body-mind medicine resources and practitioners.

## PAPAYA: THE MEDICINE TREE

by Harald W. Tietze

Publisher: H.W. Tietze Publishing, 1997

ISBN: 1-876173-07-6 (103pp s/c)

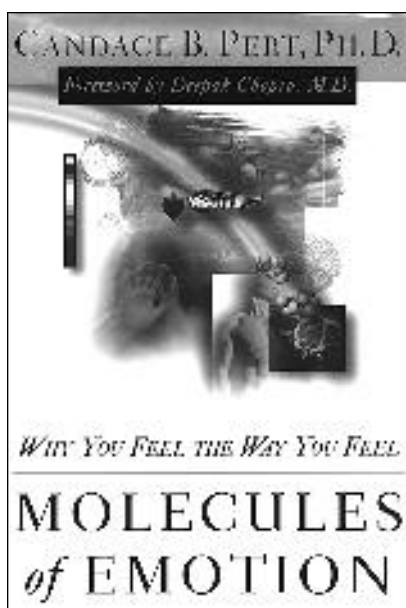
Price: AUD\$9.95 + AUD\$3.00 p&h (overseas orders, credit card only)

Distributor: Australia—Harald W. Tietze Publishing, PO Box 34, Bermagui South, NSW 2546, ph +61 (0)2 6493 4552, fax +61 (0)2 6493 4900.

Continuing his commitment to natural self-healing treatments, Harald Tietze extols the medicinal benefits of papaya in his latest self-published book, *Papaya: The Medicine Tree*. The tropical papaya plant is a remarkable gift of nature. Its fruit, leaves, skin, seeds, latex and bark are rich in essential enzymes, amino acids, vitamins and minerals, thus giving papaya very useful properties as a preventive and restorative medicine. The quantities of nutrients vary according to the part of the plant, e.g., the unripe green fruit has only one-third of the calories of the ripe fruit but nearly twice as much highly digestible protein.

Tietze explains that home-made papaya medicine can take many forms according to which part of the plant is used and for what purpose. Papaya can treat a veritable A to Z of complaints—acne, bronchitis, cancer, diabetes, hypertension, indigestion, labour and menstrual problems, parasites, toothache, ulcers and wounds—but there are a few instances where papaya use is inadvisable, e.g., pregnant women must not eat or use the unripe green fruit as it may induce abortion—a fact well known by South Pacific island women who use it as a contraceptive.

Tietze enthusiastically explains how to grow and process papaya, and how to use it in teas, vinegars, compresses, homoeopathics, flower essences, tinctures, extracts and natural cosmetics. And in praising the benefits of papaya medicinal diets, he includes some deliciously tempting recipes.



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## VIDEOS

Reviewed by Duncan Roads

### INFINIT: The Journey

Producer: Gordon Films/Resonance  
Price: STG£13.99 +£1.50 p&h (o/s+£2.50)  
Available: **UK**—Resonance, 2 Lakeside View, Waterloo, Liverpool, L22 5QN, ph +44 (0)151 920 5306.

**I**nfini: *The Journey* is a 30-minute video of fractal zooms of the Mandelbrot set (named after Benoît Mandelbrot, the French mathematician working at IBM who discovered it in March 1980).

There is no doubting the hypnotic yet soothing effect from watching this video. The colours and the spiralling ever downward into the fractal itself make for very easy relaxing and unwinding. I also like the fact that after 'diving' into the fractal for ages, the video reaches a point of rest and then pulls back, allowing yet another perspective of the whole journey.

### THE PHILADELPHIA EXPERIMENT

presented by Alfred Bielek

Price: AUD\$75.00 inc. p&h (2-tape set)  
Available: **Aust/NZ/UK/Europe**— NEXUS offices; **USA**—Adventures Unlimited, ph (815) 253 6390, fax (815) 253 6300.

**A** four-hour (2-tape) video of Al Bielek's presentation at the 1993 Extraordinary Science Conference in Colorado Springs.

While many UFO 'researchers' pooh-pooh Al Bielek's account of his experiences, most people like myself find his story totally fascinating.

For those who came in late, Al claims to be one of two survivors of the actual 1943 Philadelphia Experiment, which itself was just one part of a much larger series of projects involving secret military research into manipulation of the space-time continuum.

### THE MONTAUK PROJECT

presented by Alfred Bielek

Price: AUD\$75.00 inc. p&h (2-tape set)  
Available: **Aust/NZ/UK/Europe**— NEXUS offices; **USA**—Adventures Unlimited, ph (815) 253 6390.

**A** three-hour (2-tape) video of a lecture and workshop given by Al Bielek at the June 1993 UFO Expo West in Los Angeles.

If you thought the Philadelphia Experiment saga by Al Bielek was pretty mind-bending, then the Montauk Project will scatter what coherent brain cells you have left!

For those who still ring and enquire as to my personal opinion of Al Bielek, all I can say is I've had lunch with him three times and found him to be very lucid, extremely intelligent and probably one of the best-informed Americans I have ever met!

### ETs, UFOs and the NEW WORLD ORDER TECHNOLOGY: An Overview from 1943 to Present Day with Phil Schneider

Price: AUD\$40.00 inc. p&h  
Available: **Aust/NZ/UK/Europe**— NEXUS offices; **USA**—Adventures Unlimited, ph (815) 253 6390.

**A** two-hour workshop with Phil Schneider at the Global Sciences Conference held in Denver, Colorado, on 14 August 1995.

Philip Schneider was a geologist and explosives expert. For several years prior to his death, Phil conducted lectures where he claimed to have worked on secret US Government projects involving UFOs, extraterrestrials, secret black-budgets and stealth technology. He had told his ex-wife and friends that he was sure his life was in danger. Several incidents had convinced him that someone was trying to shut him up. His fears apparently were not unfounded, because on 17 January 1996 Phil was found dead in his apartment.

Schneider's story of his life and experiences (including a shootout with Grey aliens in a secret underground base) is incredible and will certainly leave you wondering about what's *really* happening on this planet.

### ETs, UFOs and the COVER-UP OF NEW TECHNOLOGIES

presented by Phil Schneider

Price: AUD\$40.00 inc. p&h  
Available: **Aust/NZ/UK/Europe**— NEXUS offices; **USA**—Adventures Unlimited, ph (815) 253 6390.

**A** 75-minute lecture presentation by Phil Schneider at the Preparedness Expo in Seattle, Washington, on 24 September 1995. (See above for more details.)

## CD-ROM

Reviewed by Duncan Roads

### DOCTOR WHO: DESTINY OF THE DOCTORS

Publisher: BBC Multimedia, UK, 1997  
Price: AUD\$69.95

Available: **Aust**—Roadshow Interactive, www.village.com.au (but available at any good computer games store anywhere).

**T**his is great! I get to play Dr Who adventures on the computer, guilt-free! Seriously though, this is a must-get for computer-gamers, especially those who appreciate Dr Who. The only bummer is that it's out in Win CD-ROM format, so Mac users (like me) will have to go out and buy Virtual PC. More than just a game, however, it is a very well thought out interactive adventure. Just get it and enjoy yourself!





# REVIEWS

## AUDIO

Reviewed by Richard Giles

### BUENA VISTA SOCIAL CLUB

by Ry Cooder

Producer: Ry Cooder for World Circuit Records, USA, 1997

Distributors: **Aust**—Festival Records, ph +61 (0)2 9395 8000; **UK**—World Circuit Records, ph +44 (0)171 383 4907; **USA**—Atlantic Records, ph (212) 707 2892.

In 1996, renowned US guitarist Ry Cooder decided to arrange for a group of African and Cuban musicians to record together in Cuba. Things went wrong with visas, and only Ry Cooder and his team turned up. So he set about recording the greats of Cuban music in a series of albums called the *Buena Vista Social Club*. The first album, released in 1997, has caught the spirit of Cuba's living music with some of the finest musicians on the island. Very laid-back vocals, guitar, piano and percussion. A top album.

### B'ISMILLAH: Highlights from the Fes Festival of World Sacred Music

Producer: Tami Simon for Sounds True, Boulder, Colorado, USA, 1997

Distributors: **Aust**—Banyan Tree Books, ph +61 (0)8 8363 4244; **USA**—Sounds True, ph 1800 333 9185.

Some of the most inspiring music on the planet finds its expression at the annual Fes Festival of World Sacred Music in Morocco. Artists from traditions all over Europe, Africa, the Middle East and Asia make their way there each year. The selection of live performances is truly authentic, alive and divine. This digitally-recorded double album features *qawwali* music from Pakistan, *madih* songs from Egypt, *saeta* flamenco chants from Spain, Berber music from the Atlas Mountains, and more. *B'ismillah* captures the grace, heart and harmony of human yearning for the divine.

### PICTURE DREAMS

by Riley Lee and Satsuki Odamura

Producer: Riley Lee and Satsuki Odamura for One World Music, Australia, 1997

Distributors: **Australia**—New World Productions, ph +61 (0)7 3367 0788; **UK**—New World, ph +(09) 8678 1682.

Having reviewed a number of Riley Lee albums over the years, it's a pleasure to hear again one with the simplicity of the traditional. Satsuki Odamura, a koto player of renown living in Australia, has teamed up with Riley Lee on shakuhachi (bamboo flute) to record some traditional compositions. These are the sounds that we associate with the peace and deep feeling of Japanese music. The koto is a 13-stringed

instrument combining qualities of the lute and the harp; together with the shakuhachi, it evokes a timeless, spiritual sound, transporting us to 17th century Japan when the two instruments first met.

### BEAUTIFUL WASTELAND

by Capercaillie

Producer: Capercaillie for Secret Music Productions, Glasgow, UK, 1997

Distributors: **Aust**—MRA Entertainment, ph +61 (0)7 3849 6020; **UK**—Primary Talent Int., ph +44 (0)171 405 4001.

Celtic group Capercaillie combine the traditions of Gaelic music with modern fusion sound. They have produced some excellent albums, *To The Moon*, *Delirium* and *Capercaillie* being among their best. Here, on *Beautiful Wasteland*, they meld the traditional with the modern, combining songs from the Gaelic mouth-music form with haunting love songs and jumping, up-tempo dance tunes. This a fine collection in Capercaillie's inimitable style.

### VOICE OF THE CELTIC MYTH

by Greenwood

Producer: Larry Hogan and David Lord for Tolemac International Ltd, UK, 1997

Distributors: **Aust**—Wild Eagle, ph +61 (0)3 9815 1162; **UK**—Tolemac Int., POB 1882, London W10 4TQ; **USA**—White Dove Records, ph (505) 758 0500.

Stuart Wilde and the lads are back with another heroic album. *Voice of the Celtic Myth* tells, with music, the story of the Tuatha Dé Danaan, the mythical gods of Ireland. It describes the great battles with the Fomorians, the forces of evil, and the eventual triumph by the forces of light, returning the power of Ireland's four magical cities to the land. Spectacular choral arrangements are applied to this beautiful Irish song. A close reading of the album sleeve lyrics will enlighten you to the poetry of the work.

